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SUBJECT: COUNTRY CLEARANCE GRANTED TO KAZUKO SAKATA FOR  
TRAVEL TO BARBADOS

REF: STATE 23635

¶1. Embassy Bridgetown welcomes and grants clearance to Dr. Kazuko Sakata, Postdoctoral Fellow, National Institute of Child Health and Human Development (NICHD), to travel to Barbados February 19 - 25, 2006. The purpose of the visit is for Dr. Sakata to attend the Winter Conference on Neural Plasticity and present an abstract, "Activity-Dependent Transcription of Brain-Derived Neurotrophic Factor (BDNF) Through Promoter 3 Contributes Selectivity to Long-Term Hippocampal Plasticity and Long-Term Memory."

¶2. Per reftel, the traveler does not request any Embassy assistance. The traveler will be staying at the Accra Beach Hotel and Resort.

¶3. Embassy Bridgetown requests an outbrief be provided to the Political-Economic Section relating to activities while in the region within 10 working days of completion of travel. Please provide the outbrief by telephone, 246-436-4950 x2230, or by fax at 246-431-0384.

¶4. Entry/departure requirements: Mission policy is that all USG travelers to the region be in possession of a valid passport. Visas are not required for short visits. Visitors are granted up to 28 days upon entry, which can be extended through the Barbados Immigration Department for up to six months. Barbados has a departure tax of 25 Barbados dollars or 12.50 U.S. dollars.

¶5. The exchange rate in Barbados is two Barbados dollars for one U.S. dollar. U.S. currency, travelers' checks, and credit cards are routinely and widely accepted.

¶6. The following is general information pertaining to security and health considerations throughout the Eastern Caribbean:

#### Security

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In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended, especially at night. Be vigilant when using public telephones or ATM machines near roadsides or quiet areas. As in many U.S. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon and all valuables should be locked in room safes if possible.

#### Health

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Throughout the Eastern Caribbean, the most likely threat to a

visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun, without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent and the Grenadines the major health threat is dengue fever, transmitted by mosquito.

Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for immunizations (i.e., tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

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